



Magnesium	
Description	Magnesium is an essential mineral. It is the second most abundant nutrient stored in body tissue.
Function	Needed for the formation of many enzymes in the body which release energy from food. Vital for the nervous system and muscle movement and for the formation of healthy bones and teeth.
Human Requirements	EU RDA: 300mg
Dietary Intake¹	In the UK, the average diet provides: for males, 336mg daily; for females, 250mg daily.
Food Sources	Magnesium is present in all green plants. The main sources are unrefined cereals and vegetables, peanuts and wholemeal bread. Over 80 per cent of magnesium is lost in the removal of the germ and outer layers of cereal grains.
Deficiency Symptoms	Loss of appetite, nausea, fatigue, weakness, insomnia, diarrhoea. Obvious clinical signs of deficiency are uncommon.
Precautions / Contra-Indications	Doses exceeding the RDA are best avoided in renal (kidney) impairment. Safe Upper Level: 400mg ²
Pregnancy & Breastfeeding	Magnesium is suitable to be taken during pregnancy and breastfeeding.
Adverse Effects	Doses of 3-5grams have a laxative effect.
Interactions¹	If on heart medication, contact your doctor or pharmacist before taking magnesium.
References	1. Mason, P. Dietary Supplements. Pharmaceutical Press, London, 2001. 2. Expert Group on Vitamins and Minerals, 2003.